



## ACUTE SHOULDER INJURY PROTOCOLS

### BACKGROUND

#### **P.R.I.C.E.**

- P:** **PROTECTION** (*Sling*) can add stability and decrease pain.  
**R:** **REST** (*limit motion/activity*) your shoulder when possible.  
**I:** **ICE** your shoulder as frequently as possible (20 minutes every 2 hours).  
**C:** **COMPRESSION**...*Not usually needed for the shoulder.*  
**E:** **ELEVATE**...*Not usually needed for the shoulder.*

**Pain:** Take **Tylenol** (acetaminophen) for pain control.

### INCREASE RANGE-OF-MOTION (PASSIVE / ACTIVE)

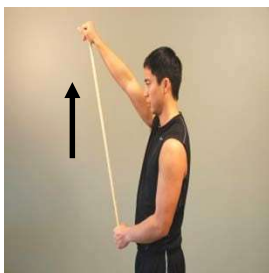
#### **Passive: 3-way movement.**

Passive = muscles relaxed. Movement with assistance or help.  
Squeeze shoulder blades. Start with hands by side.  
Move in directions shown.

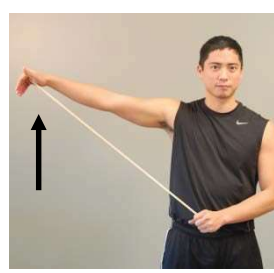
**Frequency:** 10 reps. Three times a day.  
**Rationale:** Restore / maintain full shoulder movement.



Starting Position- Squeeze



Forward Flexion



ABduction



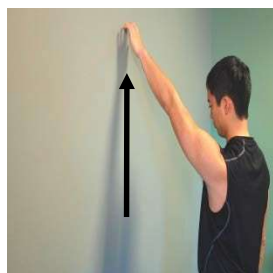
External Rotation



#### **Active: Pendulums**

Standing position, arm relaxed, hand hanging toward ground.  
Relax shoulder. Swing in a circle. Let gravity take over.  
Clockwise, 5 min. Counter Clockwise, 5 min.  
Gradually increase circles. Slow, steady pace.

**Frequency:** 1 set. Three times a day.  
**Goal:** Restore and maintain full shoulder movement.



Forward Flexion



ABduction

#### **Active: Wall Climbers**

Face wall, squeeze shoulder blades.  
Walk fingers up wall, hold when painful.  
Walk fingers back down. Repeat **TEN** times.  
Repeat with injured arm out to side, **TEN** times.

**Frequency:** 1 set. Three times a day.  
**Goal:** Restore and maintain full shoulder movement.



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MAINTAIN STRENGTH



### ***Isometric: Flexion / Extension***

Stand with good posture, squeeze shoulders back.

Bend and hold elbow at 90°.

**Flexion**: Push hand into wall.

**Extension**: Push elbow into wall.

Hold 5 sec. Repeat **TEN** times.

**Frequency**: 1 set. Three times a day.

**Goal**: Increase strength of Deltoid Muscles.



### ***Isometric: ABduction / ADduction***

Stand with good posture, squeeze shoulders back.

Bend and hold elbow at 90°.

**ABduction**: Start hand on stomach.

Pull hand away from your stomach.

**ADduction**: Start hand away from stomach.

Pull hand into your stomach.

Hold 5 sec. Repeat **TEN** times.

**Frequency**: 1 set. Three times a day.

**Goal**: Increase strength of Rotator Cuff Muscles.



### ***Scapular Retraction (Shoulder Blade Squeezes)***

Relax head and neck.

Stand with good posture, squeeze shoulders back.

Avoid shrugging shoulders. Keep Abs tight.

Hold 10 sec.

Relax Shoulders. Repeat **TEN** times.

**Frequency**: 1 set. Three times a day.

**Goal**: Increase strength of Scapular Stabilizing Muscles.



### ***Scapular Elevation (Shoulder Shrugs)***

Relax head and neck.

Stand with good posture, squeeze shoulders back.

Raise shoulders up. Keep Abs tight.

Hold 10 sec.

Relax Shoulders. Repeat **TEN** times.

**Frequency**: 1 set. Three times a day.

**Goal**: Increase strength of Scapular Stabilizing Muscles.